

Suggested FY11 Strategies



1. <LWP> will participate in Fit WIC Missouri, a program to prevent overweight in children.
2. <LWP> will involve < at least 50% > of this agency's WIC participants aged 2-5 years in Fit WIC Missouri activities.
3. Write individual nutrition/physical activity goal(s) for each participant. Using critical thinking and motivational interviewing, encourage participants to select a Fit WIC Missouri goal or other appropriate goal. This is not in addition to the nutrition/health goal. This goal may be used as the participant's nutrition/health goal.
4. Provide group or individual nutrition education each quarter that combines a nutrition message and a physical activity message. Target the education to families or children.
5. Participate in an activity that supports WIC staff in making decisions that will prevent overweight.
6. Participate in a community activity to prevent childhood overweight.